# STEP BY STEP

## SUNNAH WAY TO PERFORM SALAH



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يَا أَيُّهَا الَّذِينَ آمَنُواْ أَطِيعُواْ اللّهَ وَأَطِيعُواْ الرَّسُولَ وَأُوْلِي الأَمْرِ مِنكُمْ فَإِن تَنَازَعْتُمْ فِي شَيْءٍ فَرُدُّوهُ إِلَى اللّهِ وَالرَّسُولِ إِن كُنتُمْ تُؤْمِنُونَ بِاللّهِ وَالْيَوْمِ الآخِرِ ذَلِكَ خَيْرٌ وَأَحْسَنُ تَأْوِيلاً

*O you who believe! Obey Allah, and obey the Messenger, and those charged with authority among you. If ye differ in anything among yourselves, refer it to Allah and His Messenger, if ye do believe in Allah and the Last Day: That is best, and most suitable for final determination.* *(4:59)*

## Acknowledgement

**Sheikh Md In'am Uddin**
(Daul Uloom Bury, UK and Al-Azhar University, Egypt)

**Sheikh Hussain Ahmad**
(Darul Uloom Nottingham and London Metropolitan University, UK)

# Contents

صلّوا كَمَا رأيْتُمُو نى أُصلّى

***"Perform your salah the way you have seen me performing"***

(Al-Hadith)

# Preface

All praises are due to Allah, the Lord of the worlds and salutations be on the beloved prophet (peace be upon him) and his followers till the Day of Judgement.

*Salah* is the prime worship for a Muslim. It is the most sacred contact between the Lord and his slave. Prophet Muhammad (peace be upon him) was sent to this world to show mankind how to worship Allah the almighty practically.

This is a small compilation to add to a long list of works on *Salah*. The purpose of this work is to comfort a great body of Muslims that their *Salah* is in line with the Prophetic paradigm and to dispel the insinuations that their worship is not based on *hadiths*.

There are many *hadiths* regarding the performance of *salah*. Therefore for the sake of brevity a single hadith has prefaced each salah action. It will suffice for a layman to rely on one *hadith* and act upon it.

I avoided any scholarly discussion of the evidences as that is the realm of the qualified individuals (*ulama*). It is not my object in this booklet.

I am sincerely grateful to *Sheikhul Hadith Maulana* Abdur Rahman, *Sheikh* Mushtak Ahmad and *Sheikh* Minar Ahmad for their outstanding work of checking the corresponding *hadiths* and providing me with their valuable advices. I am also thankful to Mrs Rahida Basit for checking the English texts and making important changes.

May Allah reward Brother Belalur Rahman, Brother Ali Husain, Brother Oliur Rahman Shopon, Brother Atiqul Haque, Sister Nasima Haque, Brother Shaysta Miah and MR printers for their kind financial support.

**AMEEN**

**Sheikh Abdul Basit**

# Importance of *Salah*

*Hadhrat Abdullah bin Umar (Radhiyallaho anho)* narrates that he heard the Prophet *(Sallallaho alaihe wasallam)* saying:"Islam is founded on five pillars: bearing witness that there is no god but Allah, and Muhammad *(Sallallaho alaihe wasallam)* is His servant and apostle; establishment of salaat; paying of Zakaat; performance of Hajj; and fasting in *Ramadhaan."*The Prophet *(Sallallaho alaihe wasallam)* has compared Islam to a canopy resting on five supports. The *Kalimah* is the central support and the other four pillars of Islam are, so to say, the remaining four supports, one at each corner of the canopy. Without the central support, the canopy cannot possibly stand, and if any one of the corner supports is missing a collapse will result in the defective corner. Now, let us judge for ourselves how far we have kept up the canopy of Islam. Is there really any pillar that is being held in its proper place? The five pillars of Islam mentioned in this Hadith signify the most essential duties of a Muslim. Although a Muslim cannot do without any one of them, yet *salah* in Islam occupies a position next only to *Imaan*.

*"Hadhrat Abu Zar (Radhiyallaho anho*) narrates that once the Holy Prophet *(Sallallaho alaihe wasallam)* came out of his house. It was autumn and the leaves were falling off the trees. He caught hold of a branch of a tree and its leaves began to drop in large number. At this he remarked, *'0, Abu Zar! (Radhiyallaho anho)* when a Muslim offers his *salah* to please Allah, his sins are shed away from him just as these leaves are falling off this tree."

In autumn, usually, the leaves of the trees fall in large numbers, so much so that on some trees not a single leaf is left behind. The same is the effect of *salah* performed with sincerity and devotion. All the sins of the person offering *salah* are wiped off"*Hadhrat Jaabir (Radhiyallaho anho)* narrates that he heard the Prophet (*Sallallaho alaihe wasallam)* saying:

"The likeness of five times daily *salah* is as the likeness of a deep brook running in front of the door of a person who bathes therein five times a day."

Running water is generally free from dirt, and the deeper it runs the cleaner and purer it is. A bath in such water surely removes dirt from the body and makes it clean. *Salah* offered with due regard for its essentials likewise cleanses the soul of all sins.

“If a person is not punctual with his *salah* nor does he perform *wudhu*, *qiyaam*, *ruku* and *sajdah* properly, then *salah* rises up in an ugly and dark shape and curses the person saying, “May Allah ruin you as you have ruined me”! Then it is flung back like a dirty rag at the face of the person.”

When the *salah* is cursing us then what else can check our downfall?

Therefore our *salah* should be performed as prophet *sallallahu Alaihi wasallam* performed his *salah*.

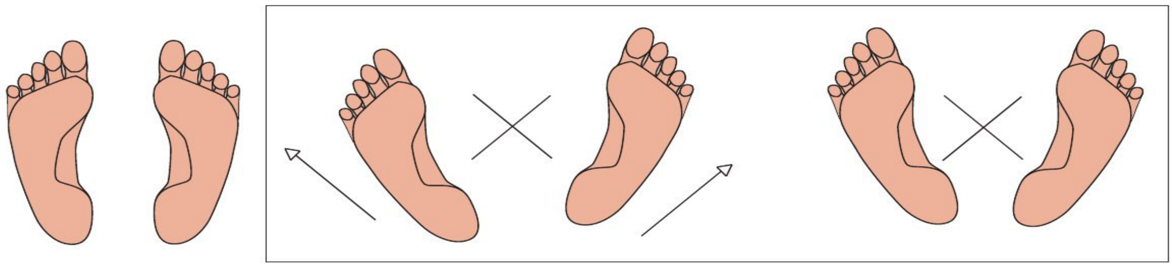
**Step** 1. Stand up straight on the prayer mat spreading the feet equal to the distance of four fingers.

**أنَّ عَبْدَ الله رأى رَجُلاً يُصلِّى قد صف بَيْنَ قدَمَيْهِ فقالَ أخْطأ السُّنَّةَ وَ لو راوَحَ بَيْنَهُما كَانَ أفْضَلُ**

(نساى ج1 ص142)

**Hadith**: *Abdullah Ibn Masu'd (R.A)* saw a person standing in *salah* with his feet together. He judged this action against *sunnah*. Thereafter he advised the person that it would have been better for him to leave a small gap between the feet. *(An-Nasai 1/142)*

In ***Fiqhul Imam*** it is stated that do not keep the toes far apart while standing for salah. *(Nur al-Idah 153)*



**Step** 2. Make intention.

عَنْ عُمَرَبن الْخَطّاب قالَ قالَ سَمِعْتُ رَسُولَ الله يَقُولُ اِنَماالْاعْمَالُ باالنِيَاتِ وَاِنمَا لِكُلِ إمْرءٍ مَا نَوى
(بخارى 1)

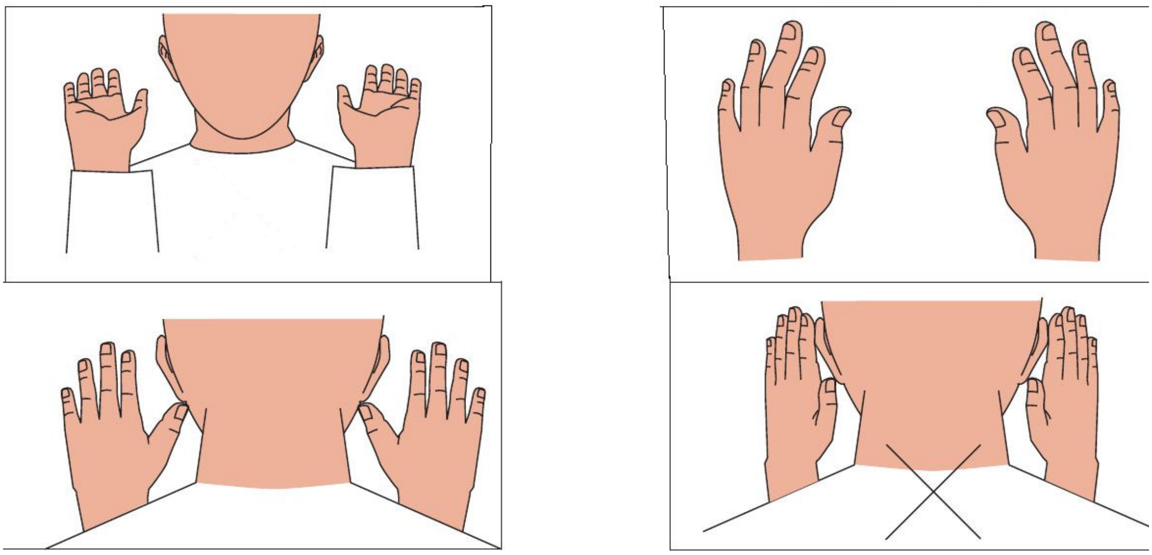
**Hadith**: Narrated by *'Umar bin Al-Khattab*: "I heard **Allah**'s Apostle saying, "The reward of deeds depend upon the intentions and every person will get the reward according to what he has intended. *(Bukhari, hadith no 1)*

**Step** 3. Raise the hands for the opening ***Allahu Akbar*** to the level of the ears.

عَنْ وَائِل بن حُجَر قَالَ قَدِمْتُ الْمَدِنَة فَقُلتُ لَانْظُرَنَّ إلِي صَلاَةَ النَّبِى صَلى الله عَلَيْهِ وَسَلَّمَ قَال فَكَبَّرَ وَرَفَعَ
يَدَيْهِ حَتى رَأيْتُ إبْهَامَيْهِ قَرِيْبًا مِنْ أذُنَيْهِ

(مصنف ابى شيبة ج1 ص233 ، بيهقي ج2 ص28)

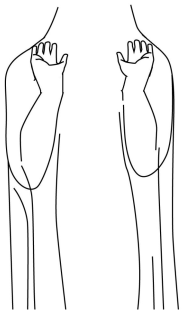
**Hadith**: *Wail Ibn Hujar (RA) said*, "I came to Madinah and I said to myself I must see how prophet (peace be upon him) performs his *salah*. So when he started his *salah*, he said ***Allahu Akbar*** and raised his hands that I saw his thumbs came near to the ears. *(Musannafe Abi Shaibah 1/233, Baihaqi 2/28)*



WOMEN: Should raise her hands till shoulders.

عَنْ عبدِ رَبِّهِ بْنِ زَيْتُونَ قَالَ رَأيْتُ أمَّ دَرْدا تَرْفَعُ كَفَيْهَا حَذْوَ مَنْكِبَيْهَا حِيْنَ تُفْتَحُ الصَّلاَةَ
(مصنف ابى شيبة ج1 ص239)

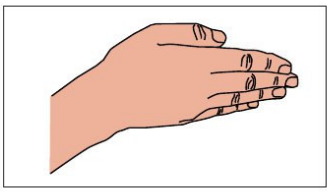
**Hadith**: *Abdi Rabbihi Ibn Zaitun* said, I saw *Umme Darda (RA)* [A lady companion] in the time of starting the *salah* she used to raise her hands up to the shoulders. *(Ibn Abi Shaibah 1/239)*

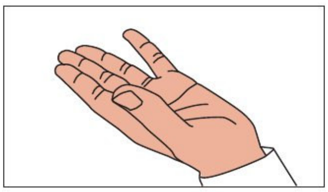


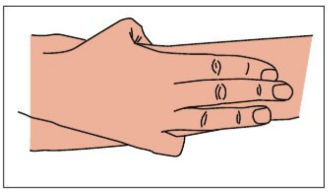
**Step** 4. Place the right hand over the left hand below the navel.

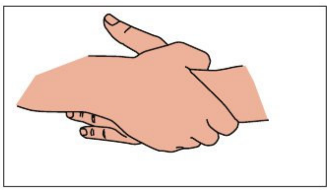
عَنْ عَلِيٍ قَالَ إنَّ مِنَ السُّنَّةِ فِى الصَّلاةِ وَضْعُ الاَكُفِّ عَلى الاَكُفِّ تَحْتَ السُّرَّةِ
(مسند احمد ج1 ص110)

**Hadith:** *Ali (R.A)* said, "Verily, it is from the *sunnah* to place the one hand over the other hand under the navel". *(Musnade Ahmad 1/110)*





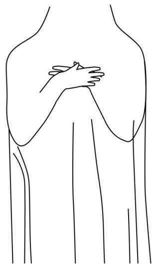




WOMEN: Jurists are unanimous that it is *sunnah* for them to place their hands on their bosoms.

وَتَّفَقوا عَلى أنَّ السُّنَّة لَهُنَّ وَضْعُ الْيَدِيْن عَلى الصَّدْرِ لاَنَّهُ أسْترلَها

(السعاية ج 2 ص 156)



**Step** 5. Read *thana.*

عَنْ عَائِشَة قالتْ كَانَ النّبيُّ صلي الله عليه وسلم إذ إفْتَتَحَ الصلاةَ قالَ سُبْحَا نَك اللّهُمَّ وَ بِحَمْدِك وَ تَبَارَكَ اسْمُكَ وتَعالى جَدُّكَ وَلاَ إلَه غَيْرُكَ

(ترمزی ص62، ابن ماجه ص85)

**Hadith:** Narrated by *A'isha (RA)* that whenever prophet (peace be upon him) used to start his *salah* He would read: *Subhanaka Allahumma wa Bihamdika watabarakasmuka wa ta'la Jadduka wa la Ilaha Gairuk)* *(Tirmizi p 62, Ibn Majah p 85)*

**Step** 6. Read *"Auzu Billahi minash shaitaanir rajeem"*

فَإِذَا قرَأْتَ الْقُرْآنَ فَاسْتَعِذْ بِاللّهِ مِنَ الشَّيْطَانِ الرَّجِيم

**Quran:** Allah says, "When you read the *Quran*, seek Allah's protection from Satan the rejected one". (16:98)

**Step** 7. Read "*Bismillahir rahmanir raheem*" at the beginning of every *rakat*, before *sura fatiha*.

عَنْ أنَسٍ قالَ صَلَّيْتُ خَلْفَ النَّبيُّ صلي الله عليه وسلم وَ خَلْفَ أبِي بَكَروَ عُمَرَ وَ عُثْمَانَ فَكَانُوْا لاَ يَجْهَرُوْنَ بسم الله الرحمن الحيم

(مسند احمد ج3 ص114، نسائ ج1 ص144)

**Hadith:** *Anas (RA)* said, "I read salah behind prophet (peace be upon him), *Abu Bakar (RA), Umar (RA) and Uthman (RA);* none of them used to read "*Bismillah…*" audibly in the *salah*." *(Ahmad 3/114, Nasaee 1/144)*

**Step** 8. Read *Sura Fatiha.*

عَنْ أبِي هُرَيْرَةَ عَنْ النَّبيُّ صلي الله عليه وسلم قالَ مَنْ صلّى صلاَةً لَمْ يَقْرَءُ فِيْهَا بِأمِّ القُرْاٰن فَهِي خِداَجٌ ثَلاثًا غَيْرُ تَمَامٍ

(مسلم ج1 ص169، أبو داود ج1 ص119، ابن حبان ج3 ص206)

**Hadith**: Narrated by *Abu Hurairah (RA)* that prophet (peace be upon him) said, "If someone performs *salah* and does not recite *sura Fatiha* then his *salah* is defective and incomplete. Prophet (peace be upon him) said this sentence three times. *(Muslim 1/169, Abu Dawud 1/119, Ibn Hibban 3/206)*

**Step** 9. Say *Ameen* silently**.**

عَنْ وَائِل بن حُجَرَ انَّهُ صلي مَعَ النَّبيُّ صلي الله عليه وسلم فَلمَّا بَلَغَ غَيْرِ المَغْضُوبِ عَلَيْهِم وَلاَ الضَّآلِّين قَالَ امِيْنَ وَ أخْفَى بِهَا صَوْتَه

(ترمزي ص63 ، مسند احمد ج4 ص316 ،ابو داود طيالسي ص138، دار قطني ج1 ص334، مستدرك حاكم ج2 ص232)

**Hadith**: Reported by *Waeel Ibn Hujar* that he read salah with Prophet (peace be upon him) and when Prophet (peace be upon him) reached *GHAIRIL MAGDUBI ALAIHIM WA LAD DALLIN*, he read **AMEEN** with silent voice.

*(Tirmizi, p 63, Musnad e Ahmad 4/316, Abu Dawud Taialisi p 138, Dar E Qutni 1/334, Mstadrak e Hakim 2/232. this Hadith is rigorously authentic according to Bukhari and Muslim's conditions.)*

**Step** 10. Add one *sura* or one long verse or three short verses from the *Quran*.

عَنْ اَبِي سَعِيْد ن الْخُدْرِي قَالَ أمَرَنَا نَبِيُّنَا صلي الله عليه وسلم أنْ نَقْرَءَ الْفَاتِحَة وَ مَا تَيَسَّر

( ابو داود ج1 118، ، ابن حبان ج3 ص211)

**Hadith**: Narrated by *Abu Said Khudri (RA)* that prophet (peace be upon him) ordered us to read in *salah Sura Fatiha* and whatever verses from the *Quran*. *(Abu Dawud 1/118, Ibn Hibban 3/211)*

**Note**: Followers must not read "*Alhamdu*... And *Sura*", rather they must listen.

عَنْ أبِي موسى الاشْعَرِي أنَّ رَسُوْل اللهِ صلي الله عليه وسلم خَطَبَنَا فبَيَّنَ لنَا سُنَّتَنَا وَ عَلَّمَنَا صَلاتَنَا فَقَالَ

إذا صَلَّيْتُمْ فَاَقِيْمُوا صُفُوْفَكُم ثُمَّ لِيُومَّكُمْ أحَدُكُمْ فَإذا كَبَّرَ فكَبِّرُوا وَ إذا قَرءَ فَانْصِطوا

(مسند احمد ج4 ص415، مسلم ج1 ص174، ابن ماجه ص61)

**Hadith**: *Abu Musa Ash'ari (RA)* narrated that prophet (peace be upon him) delivered a sermon; he explained us to follow the *sunnah* and taught us how to read *salah*. He said to us whenever you read *salah* straighten your rows and one of you may become imam and when imam says *Allahu Akbar* you say *Allahu Akbar* too and when he reads *Qirat* you may keep silent. *(Muslim 1/174, Musnad e Ahmad 4/415, Ibn Majah p 61)*

وَإذا قُرِى القُرآنُ فَاسْتَمِعوا لَه وَأنْصِطُوا

**Allah** says, "When *Quran* is being recited you should listen to it attentively." (A'raf :23)

**Step** 11. Say *Allahu Akbar* and go to *ruku*.

عَنْ أبِي هُرَيْرَةَ كَانَ رَسُوْل اللهِ صلي الله عليه وسلم إذا قامَ إلى الصَّلاَةِ يُكَبِّر حِيْنَ يَقُومُ ثُمَّ يُكَبِّر حِيْنَ يَركَعُ

(بخارى ج 1 ص109، مسلم ج1 ص169)

**Hadith**: Narrated by *Abu Hurairah (RA)* that when prophet (peace be upon him) used to stand for salah he should say *Allahu Akbar* and when he used to decline for *ruku* he used to say *Allahu Akbar*. *(Bukhari 1/109, Muslim 1/169)*

**Step** 12. Place the hands on the knees and keep the fingers spread out. Keep the legs vertical while the back is straight with the head and buttocks.

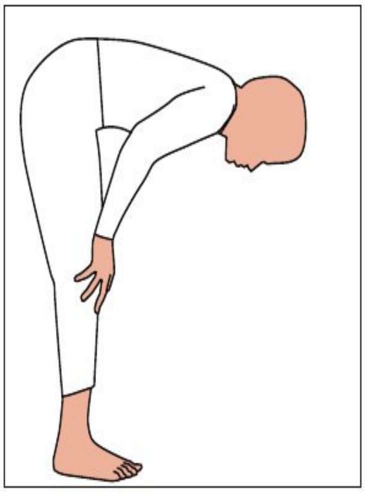
عَنْ إبْنِ عَبّاسٍ قَالَ كَانَ رَسُوْلُ اللهِ صلي الله عليه وسلم إذَا رَكَعَ إسْتَوى فَلَوْ صُبَّ عَلى ظَهْرِهِ مَاءٌ لَاسْتَقَرّ

(مجمع الزوائد ج2 ص123)

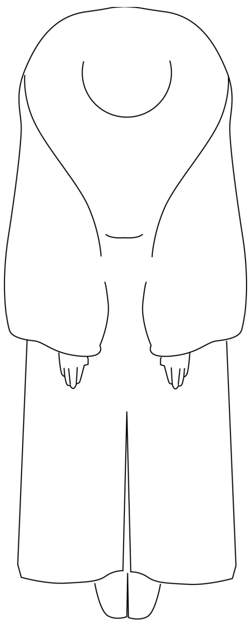
**Hadith**: Reported by *Ibn Abbas (RA)* that when prophet (peace be upon him) used to make *ruku* he should even his back in such way that if the water was poured on his back it would remain. *(Mamauz Zawaid, on the authority of Tabrani 2/123. Sanad of this hadith is authentic)*



Correct



Incorrect



**Women's *Ruku* Position**

**Step** 13. Read *"Subhana Rabbial A'zeem"* at least three times.

عَنْ إبْنَ مَسْعُودٍ أنَ النّبِيُّ صلي الله عليه وسلم قَالَ إذَا ركَعَ أحَدُكُم فَقَالَ فِي رُكُوْعِهَ سُبْحان رَبِّى الْعَظِيْم ثَلاثَ مَرّاتٍ فَقَدْ تَمَّ رُكُوْعه وَ ذالكَ ادْنَاهُ وَإذا سَجَدَ فَقَالَ فِي سُجُودِه سُبْحانَ رَبِّى الاعْلى ثَلاث مَرّاتٍ فَقَدْ تَمّ سُجُوده وَ ذالكَ ادْنَاهُ

(ترمزی ص65، ابو داود ج1 ص 126، ابن ماجه 63)

**Hadith**: Narrated by *Ibn Mas'ud (RA)* that prophet (peace be upon him) said, "when one of you perform *ruku* and say three times *SUBHANA RABBIAL AZIM* then he completed the ruku and it is the minimum, when he performs *sajdah* and says three times *SUBHANA RABBIAL AA'LA* then he completed the *sajdah* and this is the minimum. *(Tirmizi p 65, Abu Dawud 1/126, Ibn Majah 63)*

**Step** 14. While standing up from *ruku* say *SamiAllahu liman hamidah* and thereafter make your body upright and say *Allahumma Rabbana lakal hamd*.( 1/68 هدايه)

عَنْ أبِي هُرَيْرَةَ ان رَسُوْلَ اللهِ صلي الله عليه وسلم قَالَ إذَا قَالَ الإمَامُ سَمِعَ اللهُ لِمَنْ حَمِدَهُ فَقُولُوا اللهمَّ رَبَّنَا لَكَ الْحَمْدُ فإنَّه مَنْ وَافَق قولُهُ قَوْلَ الْمَلائكَةِ غُفِرَ لَهُ مَا تَقَدَّمَ مِنْ ذَنْبِهِ

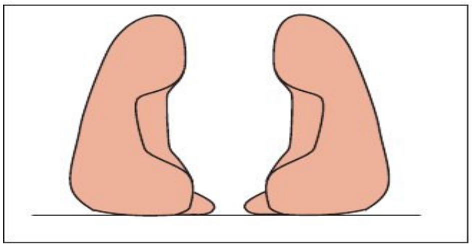
(بخارى ج 1 ص109، مسلم ج1 ص176)

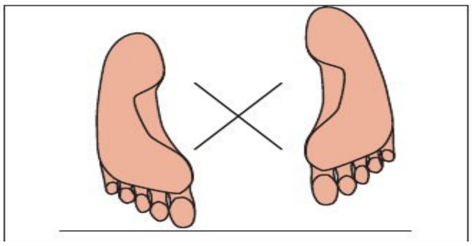
**Hadith**: *Abu Hurairah (RA)* narrated that Rasulullah (peace be upon him) said, "When Imam says *SAMIALLAHU LIMAN HAMIDAH* you say *ALLAHUMMA RABBANA LAKAL HAMD*, if your saying and angels saying becomes equal then all your previous sins will be forgiven". *(Bukhari 1/109, Muslim 1/176)*

**Step** 15. Say *Allahu Akbar* and go for *sajdah*. First place your knees and then hands followed by the nose along with forehead. When raise from *sajdah* first lift up the face, then hands and lastly both knees.

عَنْ وَائِل بن حُجَر رأيْتُ رَسُوْلَ اللهِ صلي الله عليه وسلم إذا سَجَدَ يَضعَعُ رُكْبَتَيهِ قَبْلَ يَدَيْه وَ عَنْ عَبْدالله بن يَسَار فَاذا ارَادَ أنْ يَّقُومَ رَفَعَ وَجْهَهُ ثُمَّ يَديْهِ ثُمَّ رُكْبَتَيْهِ
(ترمزى ص66، ابو داود ج1 ص122، مصنف عبدارزاق ج2 ص177)

**Hadith**: Reported by *Wail Ibn Hujar:* “I saw *Rasulullah* (peace be upon him) when he used to make *sajdah* he should place his knees before he places his hands.”
*(Tirmizi p 66, Abu Dawud 1/122). In another Hadith it is reported from Abdullah Ibn Yasar that when one gets up from sajdah first he must lift his face and then hand followed by the knees. (Musannafe Abdur Razzaq 2/177)*





**Step** 16. Make your *sajdah* between two palms and keep the elbows up.

عَنْ برا بن عازب قالَ قالَ رَسُوْلَ اللهِ صلي الله عليه وسلم  إذا سَجَدتَ وَضَعْ كَفَيْكَ وَارْفَعْ مِرْفَقَيْكَ

(حاكم ج1 ص227، طحاوي ج1 ص151)

**Hadith**: Reported by *Bara Ibn A’zib (RA)* that prophet (peace be upon him) said, “When you make *sajdah* place your hands on the ground and keep the elbows up”.
*(Muslim 1/194). In another Hadith reported also from Bara Ibn A’zib that prophet (peace be upon him) used to make his sajdah between the palms. (Hakim 1/227, Tahabi 1/151)*

**Step** 17. Read *Tasbih* three times. *(Subhana rabbial a’la)*

عَنْ إبْنَ مَسْعُودٍ  أنَ النَّبِيُّ صلي الله عليه وسلم قالَ إذا رَكَعَ أحَدُكُم فقالَ فِي رُكُوْعِهَ سُبْحانَ رَبِّى الْعَظِيْم
ثَلاثَ مَرّاتٍ فَقَدْ تَمَّ رُكُوْعه  وَ ذالكَ ادْنَاهُ وَإذا سَجَدَ فَقَالَ فِي سُجُودِهِ سُبْحَانَ رَبِّى الاعْلَى ثَلاثَ مَرّاتٍ فَقَدْ تَمَّ
سُجُودِه  وَ ذالكَ ادْنَاهُ

(ترمزى ص65،ابو داود ج1 ص126، ابن ماجه 63)

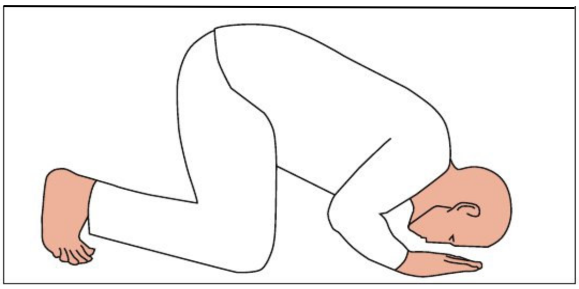
**Hadith**: Narrated by *Ibn Mas'ud (RA)* that prophet (peace be upon him) said, "when one of you perform *ruku* and say three times *SUBHANA RABBIAL AZIM* then he completed the ruku and it is the minimum, when he performs *sajdah* and says three times *SUBHANA RABBIAL AA'LA* then he completed the *sajdah* and this is the minimum. *(Tirmizi p 65, Abu Dawud 1/126, Ibn Majah 63)*

**Step** 18. Keep the abdomen away from the thighs, elbows from the sides and arms off the ground.

عَنْ عَمْرِو بن الحارِثِ انَ رَسُوْلَ اللهِ صلي الله عليه وسلم كَانَ إذَا سَجَدَ فَرَّجَ يَدَيْهِ عَنْ إبْطَيْهِ حَتّى إنَّى لَآرى بَيَاضَ إبْطَيْهِ

(مسلم ج1 ص194)

**Hadith**: Narrated by *A'mr Ibnul Harith* that when prophet (peace be upon him) used to make *sajdah* he should keep his sides away from the armpits, So much so that whiteness from his armpits used to be seen. *(Muslim 1/194)*



Correct



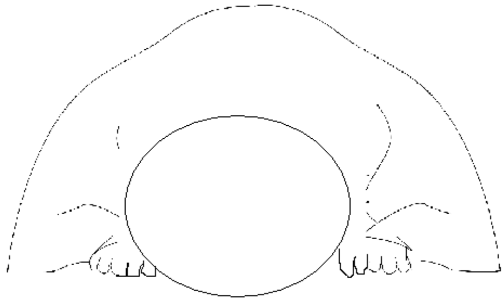
Incorrect

**Women**: Must place their arms flat on the ground in *sajdah*.

عَنْ يَزِيْد بن أبي حَبِيْبٍ انَ رَسُوْلَ اللهِ صلي الله عليه وسلم مَرَّ عَلى إمْرَأتَيْن تُصَلّيَان فَقَالَ إذَا سَجَدتُما فَضمَّا بَعْض اللّحْمِ إلَى الارْض فَإنَّ المَرءَةَ لَيْسَتْ فِى ذَالِكَ كَالرَّجُل

(مراسيل ابو داود ج 118، سنن الكبرى للبيهقى ج2 ص223)

**Hadith**: *Yazid Ibn Abi Habib* states that Rasulullah (S.A.W) passed by two women who were performing their *salah*. He said to them, "When you prostrate, make part of your body touch the ground because a woman is unlike a man in these aspects." *(Marasil e Abu Dawud 118; Sunanul Kubra by Baihaqi 2/223)*



**Women's *Sajdah***

**Step** 19. During the brief sitting between two *sajdahs* read *dua*

عَنْ إبْنِ عَبَّاسٍ كَانَ رَسُوْلُ اللهِ صلى الله عليه وسلم يَقُولُ بَيْنَ السَجَدَتَيْنِ اللَّهُمَّ اغْفِرْلِي وَارْحَمْنِي وَارْفَعْنِي وَاجْبُرْنِي وَعَافِنِي وَاهْدِنِي وَارْزُقْنِي

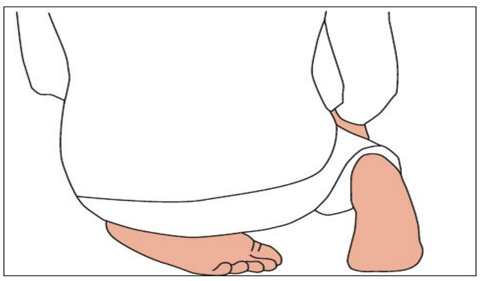
(ترمزی ص 68، ابو داود ج1 ص123)

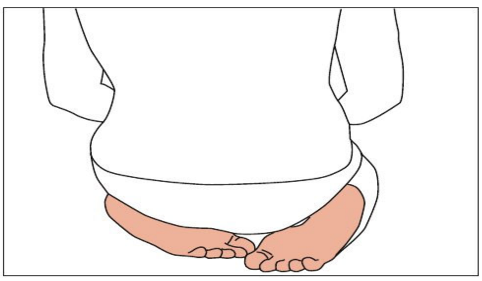
**Hadith**: *Ibn Abbas (RA)* says prophet (peace be upon him) used to read the above mentioned *dua* between the two *sajdahs*. *(Tirmizi 68, Abu Dawud 1/123)*

Step 20. Sit for *tashahhud.* It is *sunnah* for a man to lay down his left foot and sit on it while the right foot is allowed to stand upright with the heel in the air so that the toes are facing the direction of *qiblah*.

(نسای ج1 ص248)

**Hadith**: this *hadith* is related from *Ibn Umar (R.A)* in the *hadith* book *An-Nasai*. *(1/248)*





**Women**: should sit on her left buttock and take out both her legs towards the right side. She should place both her hands on the thighs and keep her fingers close together.

عَنْ إبْنِ عُمَرَ أنَّهُ سُئِلَ كَيْفَ كَانَ النَّسَاءِ يُصَلِّيْنَ عَلي عَهْدِ رَسُوْلِ اللهِ صلى الله عليه وسلم قَالَ كُنَّ يَتَرَبَّعْنَ ثُمَّ أمَرْنَ أنْ يَحْتَفِرْنَ

(جامع المسانيد ج1 ص400 مكة مكرمة)

**Hadith**: *Abdullah Ibn Umar (R.A)* was asked how the women performed their *salah* during the era of *Rasulullah* (peace be upon him). He replied that initially they used to sit cross-legged. Then they were ordered to draw themselves close together and lean onto one side by resting on their left buttocks and completely contracting themselves.
*(Jamiul Masanid 1/400 Makkah Mukarramah edition )*



**Women's sitting position**

**Step** 21. During *tashahhud* place the hands on the thighs. Do not hold the knees.

عَنْ عَبْدِاللهِ بن عُمَرَ (مرفوعا) كَانَ إذا جَلَسَ فِى الصَّلاةِ وَضَعَ كَفَّهُ الْيُسْرى عَلى فَخِذِهِ الْيُسْرى ووَضَعَ كَفَّهُ الْيُمْنى عَلى فَخِذِهِ الْيُمْنى

(موطا مالك ص71، مسلم ج1 ص216)

**Hadith**: Reported by *Ibn Umar (RA)* that when prophet (peace be upon him) used to sit in the salah he should place his left hand on the left thigh and right hand on the right thigh. *(Muatta Malik 71, Muslim 1/216)*

**Step** 22. Read "*Tashah-hud*".

عَنْ عَبْدِ الله بن مَسْعُودٍ عَلَّمَنِي رَسُوْلُ اللهِ صلى الله عليه وسلم التَّشَهُّدَ كَفِّى بَيْنَ كَفَّيْهِ كَمَا يُعَلِّمُنِى السُّورَةَ مِنَ الْقُرْآنِ فقَالَ إذا قَعَدَ أحدُكُم فِى الصَّلاَةِ فَيَقُلْ التَّحِيّاتُ لِللهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ السَّلاَمُ عَلَيْكَ أيُّهَا النَّبِيُّ وَرَحْمَةُ اللهِ وَبَرَكَاتُهُ السَّلاَمُ عَلَيْنَا وَعَلى عِبَادِ اللهِ الصَّالِحِينَ أشْهَدُ أنْ لا إلَهَ إلاَّ اللهُ وَ أشهَدُ أنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

(مسلم ج1 ص174، بخارى ج1 926، ترمزى 68)

**Hadith**: Abdullah *Ibn Mas'ud (RA)* said prophet (peace be upon him) taught me the *TASHAH-HUD* with such great importance that He was holding my hand between His two blessed hands. Like, He was teaching me a verse from the Quran. Thereafter He said whoever sits in the *salah* for *tasah-hud* he should say:

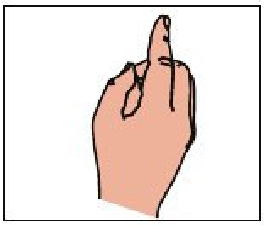
*Attahiatu lillahi was-salawatu wat-tayeebat. Assalamu alaika Ayuhan-nabiu wa rahmatullahi wa barakatuh. Assalamu Alaina wa ala ibadillahis saliheen. Asah-hadu alla ilaha illal lahu wa ash- hadu anna muhammadan abduhu wa rasuluh.* *(Muslim1/174, Bukhari 1/926, Tirmizi p68)*

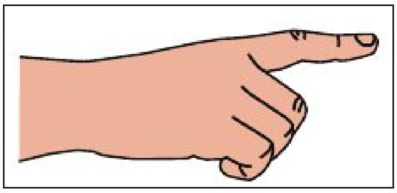
Step 23. Raise the index finger when saying *La* and lower it when affirming *Illal Allah.*

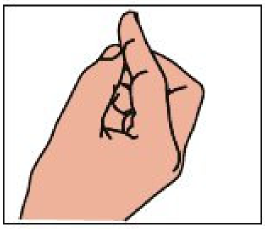
عَنْ عَبْد الله بن عُمَر إذَا جَلَسَ فِي الصَّلاةِ وَضَعَ كَفَّهُ الْيُسْرى عَلى فَخِذِهِ الْيُسْرى  ووَضَعَ كَفَّهُ الْيُمْنى عَلى فَخِذِهِ الْيُمْنى وَقَبَضَ أصَابِعَه وَأشَارَ بِإصْبَعِهِ الَّتى الابْهامَ

(مسلم ج1 ص216، موطا مالك ص71)

**Hadith**: Narrated by *Abdullah Ibn Umar (RA)* that when *Rasulullah* (peace be upon him) used to sit in the *salah*, (to recite *tashahhud*) he used to place his right hand on his right thigh and his left hand on his left thigh. He would close his fingers together and indicate with the finger that is near to the thumb. *(Muslim 1/216, Muatta Malik 71)*


1. *La*


2. *Ilaha*


3. *Illalah*

**Step** 24. Read *Allahumma salli ala muhammadin wa ala ali Muhammad kama sallaita ala ibrahima wa ali ibrahim.innaka hamidum majeed.*
*Allahumma barik ala muhammadi u wa alai Muhammad kama barakta ala ibrahima wa ali ibrahim. Innaka hamidum majeed.*

اللَّهُم صَلِّ عَلى مُحَمَّد وَعَلى آلِ مُحَمَّد كَماَ صَلَّيْتَ عَلى إبْراهِيْمَ وَعَلى آلِ إبْراهِيْمَ، إنَّكَ حَمِيْد مَجِيْد
اللَّهُم بَارِك عَلى مُحَمَّد وَعَلى آلِ مُحَمَّد كَماَ بَارَكْتَ عَلى إبْراهِيْمَ وَعَلى آلِ إبْراهِيْمَ، إنَّكَ حَمِيْد مَجِيْد

*(This Hadith is reported in Bukhari 1/477, Muslim 1/175)*

**Step** 25. Supplicate with the words that resemble the *quran* and *sunnah*.

اَللّهُمَ إنّى ظَلَمْتُ نَفْسِى ظُلْمًا كَثِيْراً و لا يَغْفِرُالذُّنُوبَ إلاّ أنْتَ فَاغْفِرْلِي مَغْفِرَةً مِنْ عِنْدِكَ وَرْحَمْنى إنَّكَ أنْتَ الْغَفُور رَحِيم

(بخارى ج1 ص115، مسلم ج2 ص347)

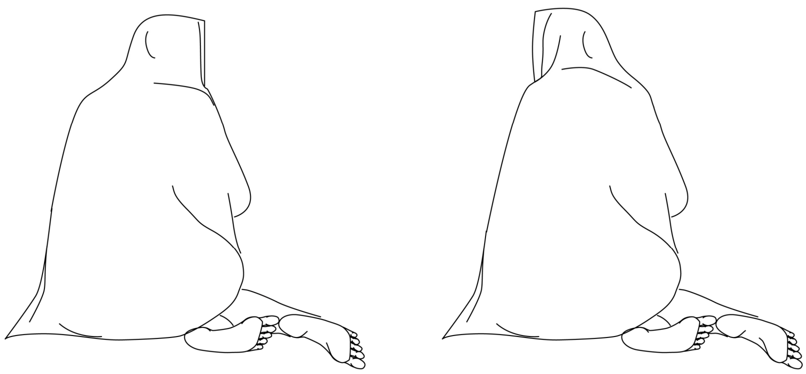
**Hadith**: *Abu Bakar (R.A)* reported that he said to the prophet (peace be upon him) "Teach me O messenger of Allah, the supplication that I may ask in my prayer. Upon which the prophet (peace be upon him) said, Read, *"Allahumma inni zalamtu nafsi zulman kathira, wala yaghfiruz zunuba illa anta. Fagh firlee magfiratam min indika war hamni. Innaka antal gafurur raheem"*.
. *(Bukhari 1/115, Muslim 2/347)*

**Step** 26.Say *Assalamu alaikum wa rahmatullah* and turn your face towards your right looking at your right shoulder. Thereafter do the same thing towards your left.

عَنْ إبْنِ مَسْعُودٍ أنَّ النّبِيُّ صلى الله عليه وسلم كَانَ يُسَلّمُ عَنْ يَمِنِهِ وَ عَنْ يَسَارهِ
السَّلاَمُ عَلَيْكُمْ وَرَحْمَةُ اللهِ
السَّلاَمُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

(ترمزى ص9)

**Hadith**: *Ibn Masud* narrated that prophet (peace be upon him) used to say *Assalamu Alaikum wa rahmatullah* and make *salam* towards right and left. *(Tirmizi p 9)*



## ***Salah* at a Glance**

| | |
|---|---|
| Saying  first *Allahu Akbar* | Obligatory/ *Fard* |
| Raising the hands | Sunnat |
| Folding the hands | Sunnat |
| Reading *Subhanaka…* | Sunnat |
| Reading *Auzubillah and Bismillah* | Sunnat |
| Reciting *Sura Fatiha* | Necessary/ *Wajib* |
| Saying *Ameen* | Sunnat |
| Reciting *Qirat* (one long verse or three short verses of the *Quran*) | Obligatory/ *Fard* |
| Saying *Allahu Akbar* while going to *Ruku* | Sunnat |
| Performing *Ruku* | Obligatory/ *Fard* |
| Saying three times *"Subhana Rabbial Azeem"* | Sunnat |
| Saying *"Samiallahu liman Hamidah"* | Sunnat |
| Standing up after *Ruku* | Necessary/ *Wajib* |
| Saying *"Rabbna Lakal Hamd"* | Sunnat |
| Saying *Allahu Akbar* while going to *Sajdah* | Sunnat |
| Performing *Sajdah* | Obligatory/ *Fard* |
| Saying three times *"Subhana Rabbial A'la"* | Sunnat |
| Saying *Allahu Akbar* when raising up from *Sajdah* | Sunnat |
| Sitting up between two *Sajdah* | Necessary/*Wajib* |
| Reading *"Attahiatu.."* | Necessary/ *Wajib* |
| Raising index finger while saying *"La ilah"* | Sunnat |
| Reading *"Allahumma Salli Ala* and *Allahumma Barik Ala…"* | Sunnat |
| Reading *"Allahumma Inni Zalamtu…"* | Preferable |
| Saying *"Salam"* | Necessay/ *Wajib* |
| Turning the face toward right and left | Sunnat |

It is recommended to look at the area of prostration when standing; at the top part of the feet when bowing; at the tip of the nose when in prostration; at the lap when sitting and at the shoulders when giving the final salam. This is recommended for both male and female, the intended aim being to protect oneself from destruction.
The prophet (peace be upon him) said, worship Allah as if you see him, and if you cannot achieve this state of devotion then you must consider that He is looking at you. (Bukhari, 47)

## UNITY WELFARE FOUNDATION

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Currently UWF works in Bangladesh but the plan is to take this worldwide.
UWF strives to help the poor, especially females, to overcome the suffering endured due to natural disasters and lack of life's basic necessities and skills.
UWF works with all needy people, regardless of their race, religion, gender, nationality or political opinion.
We work on strategic programmes to eliminate poverty that focus upon:

- ☐ Education
- ☐ Skills training
- ☐ Healthcare
- ☐ Income generation projects
- ☐ Creating Sustainable livelihoods

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